

## Inter-District Cross Country Championships Individual Medallists (Senior Men)

### Scottish Athletics Federation/Scottish Athletics Limited

2019-20	Sean Chalmers	North	26.28	Tom Martyn	East	26.29	Andrew Douglas	West	26.45
2018-9	Lachlan Oates	West	25.16	Alastair Hay	East	25.25	Calum McKenzie	East	25.34
2017-8	Kristian Jones	East	25.55	Lachlan Oates	West	26.31	Logan Rees	Scottish Students	26.35
2016-7	Kristian Jones	East	25.33	Luke Traynor	West	25.45	Jamie Crowe	Scottish Students	26.12
2015-6	Andrew Douglas	West	26.16	Sean Chalmers	North	26.26	Jonathon Glen	West	26.39
2014-5	Murray Strain	East	27.16	Tewolde Mengisteab	West	27.38	Scott McDonald	East	28.03
2013-4	Alexander Hendry	East	25.50	Robbie Simpson	East	25.52	Lachlan Oates	Scottish Students	25.54
2012-3	Robbie Simpson	East	26.02	Sean Fontana	West	26.03	Wegene Tafese	West	26.05
2011-2	Murray Strain	East	20.13	Andrew Douglas	West	20.31	Craig Ruddy	West	20.34
2010-1	Derek Hawkins	Scottish Students	26.49	Alastair Hay	East	27.36	Murray Strain	East	28.07
2009-10	Tsegai Tewelde	West	30:24	Tewoldeberhan Mengisteab	West	30:26	Dan Mulhare	Scottish Students	31:18
2008-9	Alaistair Hay	East	28:33	Tewoldeberhan Mengisteab	West	28:48	Tsegai Tewelde	West	29:03
2007-8	John Newsom	East	29:49	Alaistair Hay	East	30:06	Dan Mulhare	Scottish Students	30:26
2006-7	Jethro Lennox	West	31:48	Alastair Hay	Scottish Students	31:52	Steven Cairns	East	32:00
2005-6	Alistair Hay	Scottish Students	29:16	Donald Naylor	East	29:36	Joe Symonds	Scottish Students	29:49
2004-5	John Newson	Scottish Students	31:26	Donald Naylor	East	31:37	Steven Cairns	East	31:44
2003-4	Philip Mowbray	East	27:52	Billy Richardson	West	28:19	Stuart Gibson	West	28:27
2002-3	Philip Mowbray	East	27:41	Steven Cairns	Northern Ireland	28:20	Stephen Wylie	West	28:31
2001-2	Philip Mowbray	East	26:59	Bobby Quinn	West	27:16	Steven Cairns	Northern Ireland	27:32
2000-1	Joe McAllister	Northern Ireland	26:27	Neil Wilkinson	West	26:35	David Cavers	East	27:08
1999-2000	Neil Wilkinson	West	26:27	Chris Robison	West	26:57	Alan Milligan	East	26:58
1998-9	Robert Quinn	West	27:05	Christopher Robison	West	27:23	Daniel Leggate	East	27:54
1997-8	Philip Mowbray	Scottish Students	32:33	Patrick O'Keefe	Scottish Students	33:02	Robert Quinn	West	33:05
1996-7	Philip Mowbray	Scottish Students	33:04	Robert Quinn	West	33:09	David Ross	East	33:12
1995-6	Philip Mowbray	Scottish Students	32:25	Christopher Robison	West	32:32	Stephen Wylie	West	32:37
1994-5	David Cavers	East	35:09	Robert Quinn	West	35:09	David Ross	East	35:20
1993-4	Thomas Hanlon	East	33.21	Kenneth Chapman	East	34.21	Peter Dymoke	East	34.26
1992-3	John Sherban	East	33.14	Alan Reid	North	33.38	Douglas Runciman	West	33.38

### Scottish Cross Country Union

1991-2	Alasdair Russell	West	32.39	John Bowman	North	32.51	Stephen Wylie	West	32.54
1990-1	Charles Thomson	West	34.25	Alistair Currie	West	34.45	Stuart Gibson	East	34.51
1989-90	Alan Reid	North	33.56	Neil Thin	East	34.18	Alastair Walker	East	34.20

1988-9	Christopher Hall	East	29.47	David Cavers	East	29.57	Steven Hale	East	30.07
1987-8	Robert Quinn	West	30.25	David Donnett	West	30.40	David Cavers	East	30.41